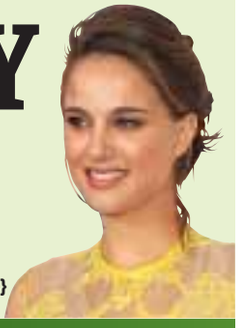
SIMPLY SASSY STEAK
BLUE CHEESE ADDS A THRILL TO BEEF ON THE GRILL {page 18}

IT'S A BOY
PORTMAN SAYS SHE'LL BE OUT OF THE SPOTLIGHT {page 14}



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WINNIPEG
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Thursday, June 16, 2011
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News worth sharing.

DARRYL DYCK/THE CANADIAN PRESS

▶ Roberto Luongo , left, and Cory Schneider watch as the Boston Bruins celebrate their victory following the Stanley Cup final at Rogers Arena in Vancouver last night. Boston beat Vancouver 4-0 to win the Stanley Cup. Story, page 21.

Crushed!

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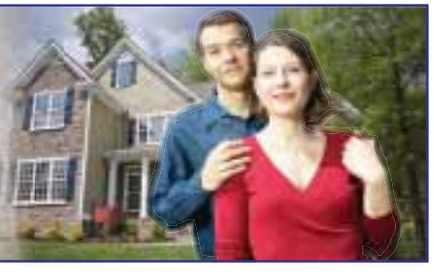

1 news

Health experts offer surprising perspective on the media's reporting of suspected cancer risks. Scan code for story.

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On the web

Roberto Luongo talks about where he planned to go to get into a state of pre-game serenity. Video at metronews.ca

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Roll that dough, to the left!

Local folk band launches The Perogy Dance It just might be the new Achy Breaky Heart

ELISHA DACEY
@METRONEWS.CA

Winnipeg's unofficial official food now has its own unofficial official song. And a dance, too.

The Ukrainian Oldtimers, one of Winnipeg's longest-running bands, has penned The Perogy Dance — and produced three videos to support it.

Music snobs take note: It's not nearly as annoying as the Macarena.

"I guess it's a line dance," said accordion player Ness Shydlowsky, who has played in the Ukrainian Oldtimers for 48 years.

"We played at many, many weddings and socials and events, and one of the main foods, the staple foods was always perogies," said Shydlowsky.

The crescent-moon shaped, potato-and-cheese-filled delicacies are so pervasive in Manitoba culture that the group decided to write a song about them. To make the song more popular, they also put together a line dance for the song, which mimics the actions needed to make perogies.

Shydlowsky said the song was written about six months ago and has received nothing but an enthusiastic response.

"Grandmothers have told us making perogies is a lonely thing, it's drudgery," said Shydlowsky. "So they put on music to pass the time and help them through it."

Now, he said, they put The Perogy Dance in their CD players on repeat.

There are three videos about The Perogy Dance up on YouTube. The first is the dance itself. The second is an instructional video on how to do The Perogy Dance. The third is a recipe for perogies.

Find the Perogy Dance at metronews.ca/winnipeg.

Step-by-step

How to do The Perogy Dance:

- **Roll the dough.** Four steps to the left, four steps to the right, and "roll the dough" with your hands as you go.
- **Pat the dough.** Clap your hands (pat the dough) with each step while taking two steps to the left, two steps to the right. Repeat once.
- **Pinch the perogy.** Turn three quarter-turns to left, pinching your hands in the air with each turn, then stomp the floor three times. You should now be facing a quarter-turn to the left from when you started.
- And that's the Perogy Dance!

CONTRIBUTED

▶ The Ukrainian Oldtimers have released a new song, called The Perogy Dance, and have produced a video to teach you how to do it.

Alive nightclub says its survival threatened

The livelihood of staff at one of the city's most popular nightclubs is under threat should a Manitoba Liquor Control Commission licence suspension order for three consecutive Saturday nights be allowed to stand, the club's management warns.

Alive in the District is fighting recent rulings by MLCC discipline panels to suspend the club's cabaret licence for being over capacity during an inspection last winter.

The closure could cost the business $75,000 in lost income, according to court documents obtained by Metro Winnipeg.

The club is hoping a judge will overturn the suspension, which is in limbo until the club has its day in court.

Should it stand, it will cause "substantial harm" to not only the business, but also to the pocketbooks of the roughly 40 people who work there, management believes.

JAMES TURNER/METRO

▶ Alive in the District will remain open until the court process concludes.

The suspension is "inappropriate, as it would serve to harm the financial well-being of the (club's) staff, as it would result in their losing compensation in the form of wages and tips," general manager John Ross said in a sworn affidavit.

In April, an MLCC hearings board told the club it would have to close for the three weekend nights as punishment for being too full one night in February.

JAMES TURNER

$15,000 Club management says it has taken steps to fix any future issues, including investing $15,000 in cameras and radios for security.

JAMES TURNER/METRO

▶ A Winnipeg police officer pulls over a motorist on Donald Street just south of Portage Avenue yesterday.

Downtown corner brings in big bucks

Thousands of drivers ticketed for missing 'no right turn' signs Six cars nabbed in 15 minutes

JAMES TURNER
WINNIPEG@METRONEWS.CA

Drivers who make illegal right turns onto Donald Street from Portage Avenue in downtown Winnipeg have been lining government coffers for the last year, city police statistics suggest.

In the span of a year, officers in the traffic unit and downtown community support unit have handed out 2,468 traffic tickets to drivers for disobeying a traffic control device — namely the 'no right turn' signs that figure prominently at the intersection.

The total revenue from each of those $199.80 tickets — if they resulted in a guilty finding —would be $493,106.

2011 numbers

Tickets issued by police at Donald and Portage through the end of May.

- January — 467
- February — 139
- March — 360
- April — 87
- May — 98

On a visit to the intersection yesterday morning, the lone officer stationed past the blind turn onto Donald just south of Portage was seen ticketing six cars in less than 15 minutes.

One of the city's top traffic cops said he's not sure why drivers disobey the sign. It's been happening for "years and years and years," Winnipeg Police Service Staff Sgt. Mark Hodgson said.

"It is a continuous thing and I'm at a bit of a loss for that," said Hodgson. "It's always puzzled me."

Hodgson said it's not a question of not having enough signs warning that turning right is wrong.

"I'm not sure how many more signs you put over there," he said.

Wanted: Witness to a Main Street hit-and-run

A Winnipeg woman is hoping someone can tell her who nearly ran her over.

Rosemary Merasty, 45, was walking north across the intersection of Main Street and Broadway yesterday morning when a man in a grey car tried to make an illegal right turn from Broadway onto southbound Main Street.

"I had the right of way. I know you can't turn right on a red (light) there," said Merasty from her downtown office yesterday afternoon.

Merasty said the car had pulled out in front of the stop line when she started to cross. "I thought he had maybe pulled a little ahead because of the rain, because it was so wet that maybe he hadn't stopped quite in time."

Once she was in front of his car, the man pushed the gas pedal on his car, hitting Merasty in the left leg hard enough to make her stumble.

"I didn't go flying, I didn't fall down, but it was hard enough," she said, noting her leg was sore and she expected bruises.

Merasty said the man, whom she describes as white, with sandy-brown curly hair down to his shoulders and wearing glasses, was looking northbound on Main Street to see if the way was clear to turn and obviously didn't see her.

Merasty said she reacted by yelling and slamming her fist on the man's silver car, then walking to the driver's side window.

"I'm sure I scared him," she said, noting the man did not get out of the car to see if she was OK.

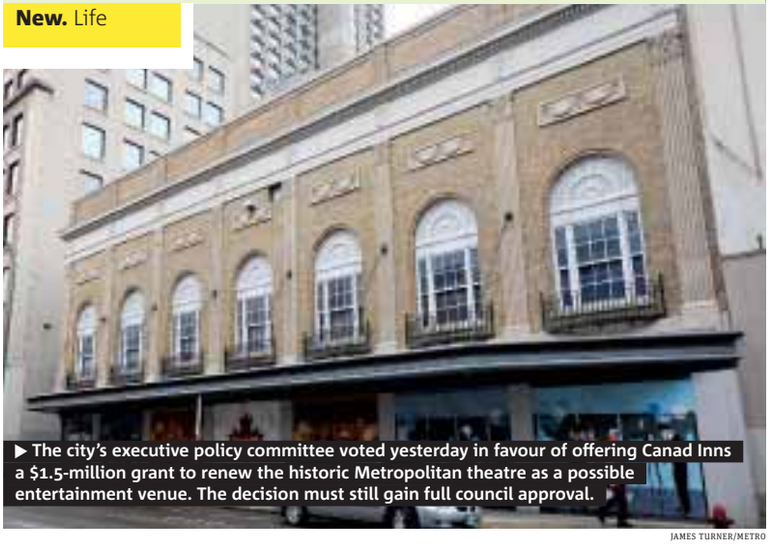
Instead, she said, he made the right turn as soon as he could and continued southbound on Main Street.

Merasty said in the heat of the moment, she did not get a licence plate number, but she's hoping someone did.

Any witnesses are asked to call her at 945-1377.

ELISHA DACEY

New. Life



▶ The city's executive policy committee voted yesterday in favour of offering Canad Inns a $1.5-million grant to renew the historic Metropolitan theatre as a possible entertainment venue. The decision must still gain full council approval.

JAMES TURNER/METRO

Council to vote on renewing Met

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Feds shouldn't act in haste: Union

Slams Canada Post for 'cheap labour strategy' Feds legislated striking postal workers back to work in 1997

JAMES TURNER
@METRONEWS.CA

Locked-out postal workers in Winnipeg say any move by the federal government to quickly legislate an end to the ongoing Canada Post dispute would be "premature."

"Let the parties negotiate a settlement to the problem," said Darren Steinhoff, acting chief steward for the Canadian Union of Postal Workers Local 856.

"(Labour Minister Lisa) Raitt needs to have a stern discussion with (Canada Post president) Deepak Chopra," he said.

Steinhoff and other union members gathered yesterday morning in front of the Canada Post building on Graham Avenue in protest of the Crown corporation's move to lock out its 48,000 unionized workers nationwide.

The company made the decision late Tuesday, saying recent job action has cost it $100 million.

"This is an irresponsible move on the part of management," Steinhoff said.

If the workers had been allowed to continue with a series of rotating walkouts, as few as 25 CUPW workers would be off the job at a time and the public would still be getting their mail, he added.

"The public should be outraged and Canada Post has abandoned its service responsibility to Canadians," said Steinhoff.

A 24-hour picket line has been set up at the Canada Post plant near the Winnipeg airport. The downtown building will see pickets at sporadic times throughout the day.

The postal service had already announced deliveries would be cut back to Monday, Wednesday and Friday due to a drop in volume since the strikes began.

JAMES TURNER/METRO

▶ Locked-out postal workers picket yesterday outside Canada Post's Graham Avenue plant. Their union says the public should be "outraged" at the company's decision to suspend operations.

Sex offender to face more charges

A Manitoba man with a criminal history for flashing and child pornography offences will face new charges, a judge was told yesterday.

Bruce Gordon Nelson, 51, is currently in custody after being accused of exposing himself to two girls in the community of Lac du Bonnet in April.

Crown attorney Terry McComb told court yesterday that RCMP will bring forward fresh charges of accessing child pornography and probation breaches against the Pinawa man.

Police continue to investigate and even more charges are possible, McComb told Judge Janice LeMaistre.

Nelson is due back in court in July.

JAMES TURNER

NDP MLA criticized for his comment

The member of the legislature for Manitoba's Interlake region is catching flak from some constituents for comments he has made about this summer's floods in the province.

New Democrat Tom Nevakshonoff told exhausted and frustrated evacuated residents at a meeting in Lundar on Monday they should be happy they aren't in Japan or Mississippi.

Nevakshonoff said he was sorry that people were being "inconvenienced" by Mother Nature but pointed out things could be worse.

"Being told that at least we weren't having a nuclear meltdown and a tsunami completely took my breath away," said cottage owner Carolyn McFerran.

THE CANADIAN PRESS

Still waiting for hearing

Manitoba's NDP government is overdue in holding a public hearing, required under provincial law, on the province's troubled child welfare system.

In the wake of a critical report last year, the government passed a law that requires the province's children's advocate to appear before a legislature committee within 60 days of issuing her annual report.

THE CANADIAN PRESS

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House slithering with snakes

Infestation goes into walls
Family gives up and flees home after 42 snakes caught in one day

COURTESY OF AMBER SESSIONS

JESSIE BONNER/THE ASSOCIATED PRESS

▶ The snake house, near Rexburg, Idaho, is believed to have been built on a snake den. It's now up for sale. Inset: Garter snakes caught by the Sessions family in 2009.

The five-bedroom house sits on pastoral acreage in the rural Idaho countryside. At a price less than $180,000, it seemed a steal.

But a bargain it wasn't. Ben and Amber Sessions soon realized the dream home they'd purchased for their growing family in 2009 was infested with garter snakes.

The ground was so thick with snakes surrounding the home it appeared to move at times. Throngs of snakes crawled beneath the home's siding. At night, the young couple said they would lie awake and listen to slithering inside the walls.

"It was like living in one of those horror movies," said Ben Sessions, 31.

"It was just so stressful. It felt like we were living in Satan's lair, that's the only way to really explain it."
AMBER SESSIONS, HOMEOWNER

The family would frequently eat out because their well water carried the foul smelling musk that the snakes release as a warning to predators.

Each day, before his pregnant wife and two small boys got out of bed, Sessions said he would do a "morning sweep" through the house to make sure none of the snakes had made it inside. That didn't always work. One day, he heard his wife scream from the laundry room, where she had almost stepped on a snake. He rushed into the room to find that she'd jumped onto a counter.

"I was terrified she was going to miscarry," he said.

At the height of the infestation, Sessions said he killed 42 snakes in one day before he decided he couldn't do it anymore. He had waged war against the snakes and "they won."

He and his wife had little recourse, though, when they decided to flee the home. They had signed a document that noted the snake infestation. They said they had been assured by their real estate agent that the snakes were just a story invented by the previous owners to leave their mortgage behind. But the so-called Idaho snake house was no myth, according to the Sessionses, their neighbours, and the videos and photographs taken by them and past residents of the house. "

The Sessionses filed for bankruptcy. The house was foreclosed and they left in December 2009, the day after their daughter was born and just three months after moving in.

Now owned by JP Morgan Chase, the home has stayed off the market for the past several months while Chase decides what to do with it.

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Will and Kate to mix glam, goodwill in Cali

California trip follows visit to Canada, the Royal couple's first overseas engagement since their wedding

ALASTAIR GRANT/THE ASSOCIATED PRESS

▶ Catherine, the Duchess of Cambridge

Prince William and his wife, Kate Middleton, plan to combine red-carpet glamour with serious charity work during a trip to California next month, palace officials said yesterday.

The three-day visit to the Los Angeles area will be Middleton's first visit to the United States.

Private secretary Jamie Lowther-Pinkerton said the duke and duchess will attend a black-tie dinner at L.A.'s renovated Belasco Theater to introduce young British film talent to Hollywood executives on July 9.

Earlier that day, William will play at a charity polo match in Santa Barbara, with Middleton scheduled to award the trophy to the winning team.

The royal couple also plans to meet inner-city youths involved in an arts program and to meet military families in Los Angeles to learn more about how veterans are reintegrated into society. They will pack care packages bound for service personnel in Afghanistan.

The trip to California will follow a June 30-July 8 visit to Canada, where the couple's itinerary includes Canada Day in Ottawa, visiting the Northwest Territories and opening the Calgary Stampede.

Officials said Middleton, whose fashion choices have been widely praised since she took up her official duties, would not bring a special "dresser" on the trip but would rely on an administrative assistant.

A hairdresser will be part of the entourage, officials said.

THE ASSOCIATED PRESS

METRO

▶ Fans line up outside the Metro Vancouver office.

VAN FANS DARED TO DREAM

JEFF HODSON
@METRONEWS.CA

HOME ICE ADVANTAGE

So it has come to this.

After nine months and more than 100 games of regular-season and playoff hockey, the league's best team was determined last night over 60 minutes.

It feels like the day when the Canucks will end 40 years of misery and heartbreak. I am, however, writing this ahead of puck drop.

In Vancouver, the sun is shining and people are out on the sidewalks in Canucks shirts and jerseys.

And, because the province ordered downtown liquor stores closed before the game starts, lineups were stretching out into the street.

By 1 p.m. yesterday, 100 people lined up on the sidewalk below our office, just for a place to watch the game.

There's a real Olympic-like excitement in the streets.

I hope it has the same happy ending.

JEFF HODSON IS MANAGING EDITOR OF METRO VANCOUVER

Afghan army returns Canadian rifles

The Afghan National Army has given back thousands of C-7 assault rifles Canada donated in a $9-million effort to bring the fledgling fighting force up to speed.

NATO, with its new training establishment, has quietly decided that the entire Afghan force should be equipped with American M-16s, of which the C-7 is a variant. It was the Afghans who, early in the war, asked for NATO weapons. **THE CANADIAN PRESS**

2,500

The 2,500 modified, surplus C-7 rifles, mostly vintage 1980s weapons, were handed over to the Afghan army by Canada with much fanfare between 2007 and 2008.

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Recession stalls battle vs. poverty

- Almost one in 10 Canadians are poor, StatsCan says
- Agency has not determined an official poverty line

The recession stopped progress on poverty in its tracks and took a bite out of incomes in Ontario, British Columbia and Alberta, new numbers from Statistics Canada show.

The agency says the low-income rate edged up in 2009 to 9.6 per cent — the second straight year poverty increased after more than a decade of steady declines.

"It's not very encouraging," said Rob Rainer, executive director of Canada Without Poverty.

He points out that most provincial governments now have anti-poverty strategies that are well-entrenched. He had been hoping to see some positive results despite the recession.

3.2M **About 3.2 million people now live on low incomes, including 634,000 children, StatsCan says.**

Instead, the percentage of people living below the low-income cutoff has climbed slowly, from 9.2 per cent in 2007, to 9.4 per cent in 2008 — the first year of the recession — and now to 9.6 per cent.

"Our overall income and wealth redistribution system is not up to the task," Rainer commented.

And children were vulnerable during the recession, with their low-income rate rising to 9.5 per cent in 2009 from 9.0 per cent a year earlier.

But the picture of the recession is one of stagnation rather than complete catastrophe. The median after-tax income for Canadian families was $63,800 in 2009 — about the same as a year earlier.

Recessions have deepened poverty in Canada for years, and exacerbated the gap between rich and poor. Many analysts feared the pattern was repeating itself. So far, that doesn't seem to be the case. THE CANADIAN PRESS

Kick. Off

▶ A Greek riot police officer kicks a protester yesterday who was trying to calm other protesters during clashes in Athens' main Syntagma square.

LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

Greek protesters clash with police

Hundreds of protesters fought with riot police in Athens yesterday as a major anti-austerity rally degenerated into violence outside parliament, where the government was to seek support for new cutbacks to avoid a disastrous default.

Workers' passports held captive

A Hawaii farm supervisor pleaded guilty yesterday to confiscating passports from about 600 Thai labourers to prevent them from fleeing work sites. Sam Wongsesanit, 40, is charged with conspiracy. THE ASSOCIATED PRESS

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Yemen attacks on rise

U.S. fears growing connection between al-Qaida-linked militants and Somalian insurgents ◐ White House increases CIA officers in Yemen

Al-Qaida-linked militants temporarily seized parts of a provincial capital in southern Yemen yesterday, the latest in a series of brazen attacks by extremists taking advantage of the turmoil in the nation.

Up to 200 militants launched a surprise dawn attack on Houta, killing one soldier and wounding three before taking control of several neighbourhoods, according to security officials.

The fighters are expanding their reach after wounded President Ali Abdullah Saleh left Yemen for Saudi Arabia and cast the country into deeper chaos.

Saleh, 70, left Yemen for treatment of wounds he suffered in a rocket attack on his compound in Yemen's capital, Sanaa.

The nation's leader of nearly 33 years, Saleh has held onto power in the face of massive protests demanding his ouster since February. Some of his top aides, military commanders, cabinet ministers and diplomats have defected to the protesters' side. This month, troops loyal to him fought rival tribesmen in Sanaa's streets with artillery.

The turmoil has created a vacuum in Yemen, the Arab world's poorest nation, threatening to cause the country to unravel.

THE ASSOCIATED PRESS

Links to al-Qaida

- Yemen is the southern corner of the Arabian Peninsula near the Gulf's vast oil fields and strategic shipping lanes in the Arabian and Red seas.
- The nation is home to one of the most active al-Qaida branches, which has been linked to several nearly successful attacks on U.S. targets including the plot to bomb a Detroit-bound airliner in 2009.
- U.S.-born Muslim cleric Anwar al-Awlaki, who lives in Yemen, is on a U.S. kill-or-capture list. He is accused of inspiring U.S. attacks including the 2009 shooting at a Texas military base.

HUMAN RIGHTS ON U.S. AGENDA

The United States has named China, Iran, Libya, North Korea and 10 other nations that it wants the UN to hold accountable for alleged human rights violations.

The U.S. ambassador to the UN Human Rights Council said yesterday "too many governments repress dissent with impunity."

The U.S. list of alleged human rights offenders also includes Bahrain, Belarus, Cuba, Myanmar, Sri Lanka, Sudan, Syria, Venezuela, Yemen and Zimbabwe.

THE ASSOCIATED PRESS

HANI MOHAMMED/THE ASSOCIATED PRESS

▶ An anti-government protester shouts slogans during a demonstration demanding the resignation of Yemeni President Ali Abdullah Saleh in Sanaa, Yemen, yesterday.

Home prices through the roof

Average cost up 8.6 per cent from last year Mark Carney repeats warning that Canadians could lose all when interest rates rise

Canada's housing market is entering overheated territory and many could be financially hurt once interest rates rise, Bank of Canada Governor Mark Carney warned yesterday.

The central banker took his case for moderation to Vancouver, the epicentre of Canada's hot housing market where he says home prices are now on par with those of Hong Kong and Sydney, Australia, as they relate to average incomes. The housing market is still expected to moderate, he said, but recent signals have been mixed.

Carney has been cautioning Canadians for about two years against getting over-extended on mortgage borrowing, but yesterday's speech to the Vancouver Board of Trade hinted at a sense of frustration that his words have mostly fallen on deaf ears.

He said he has been expecting the housing market to slow, but it has in fact picked up again, along with borrowing and mortgage credit.

He reminded Canadians that interest rates are unusually low, and they are not going to stay at those levels.

When asked if he had any advice to young people who hope to buy a house in Vancouver, Carney replied, "Well, get a good job. That would probably be a good one. Study hard, stay in school and get a good job. How's that?"

THE CANADIAN PRESS

House on fire

- **Carney's speech came on** the day the Canadian Real Estate Association released data showing that average resale home prices in Canada rose 8.6 per cent in May from a year ago.
- **In Vancouver, prices were** up 25.7 per cent to an average $831,555.
- **At those levels, Carney** said Vancouverites are paying 11 times family household income for a home.

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Mark Carney has been cautioning Canadians for years about the dangers of getting over-extended on mortgages.

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
– 66.87 (13,030.95)	– 0.28¢ (102.93¢ US)

Oil	Natural gas 1,000 cu ft
+ 51¢ US ($99.88 US)	$4.56 US (– 1.7¢ US)

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U.S. must swallow bitter fiscal pill, Flaherty says

ADRIAN WYLD/THE CANADIAN PRESS

It's not often a Canadian politician goes to the U.S. to offer advice, but Finance Minister Jim Flaherty took that diplomatically risky chance yesterday when he told New York business elites the U.S. needs to get its fiscal house in order.

In a blunt talk to the Canadian Association of New York, Flaherty said the U.S. needs a solid plan to eliminate the deficit and reduce debt. There is no time to waste, he said, because the fate of the global economy depends on the decisions being made in Washington.

In his speech, Flaherty specifically named Paul Ryan, the Republican chairman of the House budget committee, who wants to repeal U.S. President Barack Obama's health-care law, put hard caps on domestic spending and limit Medicare.

THE CANADIAN PRESS

No talks as Ottawa moves to end airline strike

Despite the threat of back-to-work legislation, Air Canada and the union representing 3,800 striking employees appeared no closer yesterday to resolving their contract dispute.

There was some dialogue between the two sides, but no formal talks are scheduled, union spokesman Darryl Bink said.

Travellers faced minor delays as striking workers staged protests at airports in Vancouver and Montreal. However, no major disruptions have been reported since customer-service agents and other staff walked off the job Tuesday.

Ottawa has warned it could table a back-to-work bill today, saying the economy is too fragile to withstand a prolonged strike.

Ken Lewenza, president of the Canadian Auto Workers, said he would like to negotiate a settlement with Air Canada before the government forces employees back to work.

"There's one thing about legislation. It doesn't improve the workplace conditions or the morale," he said. "Our members will not be happy with being legislated back to work. They'll be happy with a bargained settlement."

But the issue of employee pensions remains a major stumbling block.

Air Canada spokesman Peter Fitzpatrick said the company also wants to avoid back-to-work legislation. He said there has been "ongoing dialogue" between the parties at a Toronto hotel since the walkout began, focusing on possible resolutions to the pension issue.

THE CANADIAN PRESS

PETER EDWARDS/TORSTAR NEWS SERVICE

▶ Striking Air Canada counter workers try to drum up support yesterday outside Terminal 1 at Pearson International Airport.

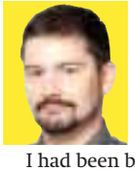
Strike force

- **Striking Air Canada staff** received support yesterday from about 200 members of the International Association of Machinists and Aerospace Workers, who stopped working for about 20 minutes at Pearson International Airport to show solidarity.
- **Some striking** Air Canada workers, joined by locked-out postal workers, picketed Labour Minister Lisa Raitt's constituency office in Milton.

A WEIGHT OFF HIS SHOULDERS

HE SAYS ...

JOHN MAZEROLLE
METRO



How you feel about your weight depends on which way your waistline is headed.

To an impartial observer it's static. But when you look in the mirror, you're judging it against its past — you're either losing weight and on your way to supernatural hunkdom, like the werewolves on Twilight, or you're gaining weight and transforming into a disgusting amorphous creature from Star Trek, like William Shatner.

I had been bound for late-era Captain Kirk but, having lost 15 pounds, am now headed to Werewolf Central. Rowr.

Like most dieters, I needed some symbolism to get me going. I'm betting more people begin losing weight at round numbers like 200 or 250, then at, say, 242. Something about a big, round number makes you feel big and round.

For me, it was 190. That won't get me on The Biggest Loser, but it's all relative. For some men, it takes sinking a paddleboat at a theme park before they decide to get in shape. For some teenage girls, they see the shape of a recently eaten Triscuit poking through their ribs and christen themselves Shamu, Whale of the Schoolyard.

"Avoid yo-yo diets: Though they provide a satisfying crunch, the string gets caught in your teeth. And it can come back on you, if you catch my drift."

In my case, I noticed one morning that my belt had become redundant. I could have painted a belt on my jeans and saved the trouble of putting it on.

As for waistline direction, I had watched myself grow by 70 pounds in 12 years, which means I would have weighed 400 pounds at age 76. I don't have enough friends to carry that casket.

So I decided to try that new diet of eating less and exercising more. And given my small amount of success, I now have the hubris and vanity required to tell you how to avoid becoming a blimp. Oh, the hu-vanity!

Here's how to be a loser like me:

• Skip breakfast: It thinks it's the most important meal of the day and, frankly, I'm sick of its attitude.

• Avoid yo-yo diets: Though they provide a satisfying crunch, the string gets caught in your teeth. And it can come back on you, if you catch my drift.

• Choose empty calories, which are presumably lighter than full ones.

• Pick your poison: Two health studies were released this week. One showed that a low-carb diet will save you from cancer, the other that a high-carb diet will save you from Alzheimer's. The choice is yours!

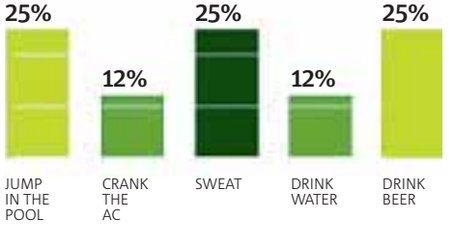
That's what it takes, readers. Heed the advice of me, the future werewolf, or be doomed to eternal tubbiness.

And remember, I haven't gotten a fat head. It's just big-boned.

Read more of John Mazerolle's columns at metronews.ca/hesays

metro life panel **Register at metrolifepanel.ca and take the quick poll**

What are you doing to beat the heat?



Local tweets

- **@wpglovehate:** Next time we hand out the keys to the city, may the recipient not be a douche. I'm thinking Meatloaf over here! #winnipeg #shame #regret
- **@Righteousradio:** actually i wouldn't mind seeing Gene Simmons tonight, if i had tix. He was on CBC radio this morn. sounded normal
- **@stefspeaks:** Just so you guys know, @robertzirk is awesome and has been helping me for the past two weeks with my university stuff. Thanks Robert!
- **@Kevin_Gordon:** How can the government force private employees (Air Canada) back to work? Let private corporations deal with their own sh*t.
- **@MikeyB0101:** Dear Hockey Gods, let Boston win tonight, and then have the Oilers play Winnipeg next year for the cup and win it, that would be awesome
- **@mcontests:** Winnipeg NHL design contest actually has some really rad entries http://www.puckdrawn.com
- **@movein:** Pray for a young prostitute staying with a patch couple in Winnipeg. She wants to get off the street and off drugs.

Worth mentioning

TORONTO. A new report on tablet usage in Canada suggests consumers have eagerly adopted the expensive devices and sales may double in the next year.

A survey conducted by the Media Technology Monitor, a product of CBC/Radio-Canada and BBM Analytics, suggests about five per cent of the population already has a tablet. The group estimates sales will push tablet ownership to 10 per cent in 2012.

It was just a little more than a year ago that the Apple iPad first hit the market in Canada, introducing mobile tablet computers to consumers.

Now, awareness of tablets is "virtually universal," the report suggests, with more than nine in 10 Canadians having heard of the iPad or another tablet.

Consumers who bought into the early tablet hype are mostly very happy with their purchases, the survey results suggest.

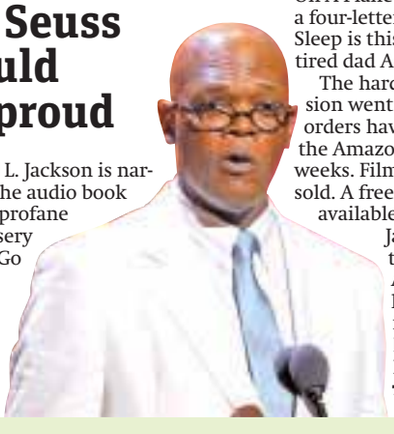
About 88 per cent said they would either definitely or probably recommend a tablet to friends and family based on their experiences.

THE CANADIAN PRESS

Cartoon by Michael de Adder

WEIRD NEWS

Dr. Seuss would be proud



Samuel L. Jackson is narrating the audio book for the profane hit nursery rhyme Go The (Bleep) To Sleep.

The star of such films as Pulp Fiction and Snakes On A Plane is known for his way with a four-letter word. Go The (Bleep) To Sleep is this summer's surprise hit by tired dad Adam Mansbach.

The hardcover book and audio version went on sale Tuesday. Pre-orders have kept the book high on the Amazon.com bestseller list for weeks. Film rights have already been sold. A free download of the book is available through audible.com.

Jackson, 62, was a presenter at Sunday's Tony Awards. He is set to make his Broadway debut this fall as the Rev. Martin Luther King Jr. in The Mountaintop.

THE ASSOCIATED PRESS

metro

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2 scene

HANDOUT

▶ The Winnipeg International Jazz Festival runs from June 16-25.

Dust off the Dancing shoes

Winnipeg's International Jazz Festival kicks off on Friday ◐ Festival features a variety of genres ◐ Everyone from Canadian hip hop star Shad to rock god Robert Plant will be there

BACKSTAGE PASS

JARED STORY
METRO WINNIPEG

All that jazz ... and everything else too. The 2011 TD Winnipeg International Jazz Festival — June 16-25 — features more swinging sounds than you can shake a drumstick at.

"Every year I'm trying hard to come up with a unique event that first of all captures the public's interest," Paul Nolin says, 37, executive producer of Jazz Winnipeg.

"You always do that with some more prominent names that the community is well aware of. That's the top layer. Underneath that is where you try to add some texture with lesser known artists. These are artists that I'm personally excited about; that I've uncovered through research or travel and that I feel deserve an audience in Winnipeg. It's the combination of trying to put an event together that really excites people and also offers something to be discovered."

One of those soon to be surprise hits Nolin speaks of is American jazz pianist Robert Glasper.

"I don't think he's a household name but I do think he's jazz star that's here to stay," Nolin says.

"I think he in some ways represents the future of jazz, in that he's not married to a traditional sense of what the music is. He embraces pop and hip hop elements in his music."

Like always, this year's festival features a multitude of musical genres, including Canadian hip hop star Shad, New York folkies Ollabelle and rock god Robert Plant and his Band of Joy. Not liking jazz is no excuse.

"That excuse would curl my hair if I had any," Nolin says. "When you say 'I don't like jazz', you dismiss an entire 10 day event that is about so much more than any one person's idea of what jazz is. Even if we're talking strictly jazz, there are many different variations and you're bound to find something you like. And even if I could accept that premise, well there's so much more than just jazz happening at the festival."

The multifarious music festival kicks off tonight with the first show of its free opening weekend at Old Market Square. Tickets for the club shows — June 20-25 — are available at Jazz Winnipeg (jazzwinnipeg.com) and Ticketmaster.

Dancing shoes

Get ready for the dance party of the year

Time to get down Moses Mayes get on up you so can get down. The Peg City groove thangs play its annual Winnipeg International Jazz Festival show Sunday June 19 at Old Market Square. Limber up, it's always the dance party of the year.

Big voices come together

DAMIAN DOVARGANES/THE ASSOCIATED PRESS

▶ Christina Aguilera and Adam Levine.

Christina Aguilera and Adam Levine of NBC's talent show The Voice are putting their voices together on a new Maroon 5 single. Aguilera is featured with Levine and his band on the tune Moves Like Jagger, which will be released next week on iTunes.

They'll perform the song on the June 21 episode of The Voice.

The studio version will be available to buy online following the show, NBC announced Tuesday during this week's episode.

The track was recorded last month in Los Angeles, Levine said in a statement, adding that it was "great" getting to work with Aguilera. The song was described as quintessential Maroon 5 power pop, with an upbeat tune.

Levine and Aguilera, along with Cee Lo Green and Blake Shelton, are coaches on "The Voice," which awards the winning singer a record contract and a $100,000 prize.

THE ASSOCIATED PRESS

Turkey visit

Turkey says Angelina Jolie can visit Syrian refugees who have fled violence and are camped out on the Turkish side of the border. Foreign Ministry spokesman Selcuk Unal said yesterday the Hollywood celebrity and goodwill ambassador for the U.N. High Commissioner for Refugees might arrive in Turkey on Friday, but that the date remains uncertain.
At least 8,000 Syrians have fled to Turkey to escape a crackdown on an anti-government uprising.

THE ASSOCIATED PRESS

Oscars shakes up best picture nominee rules, will now allow between 5 and 10 films

Taking truth to a dark place

Junior Boys' disappointment with last CD fuels new disc, It's All True Latest effort now available

HANDOUT/THE CANADIAN PRESS

Junior Boys are Matt Didemus, left, and Jeremy Greenspan.

Last year, Junior Boys lead vocalist Jeremy Greenspan retreated to Shanghai to work on the electronic pop duo's new album thinking that a departure — in every sense of the word — might be just what he needed.

He was still dealing with his disappointment over what he felt was an indifferent response to the Hamilton pair's last record, 2009's Begone Dull Care, as well as some "pretty difficult" things going on in his personal life.

And the aptly titled It's All True, which hits stores this week, finds Greenspan dealing with pretty much all of it — which means it wasn't a particularly easy record to make.

"It was like therapy, you know?" Greenspan, 31, said in a recent phone interview. "I was basically dealing with lots of feelings of getting old and losing touch and being a bit of a failure and life and all that kind of stuff."

"It was a really emotionally exhausting record to make just because it's quite a personal record in a lot of ways. It was kind of more introspective. The record also is kind of technically complex to make, not just from the perspective that it was made in different facets and different places, and just the production of it was more elaborate."

That elaborate process began with Greenspan's Chinese sojourn.

The original impetus for the trip was to visit his sister, who lives there, but he also suspected it would be an interesting place to work. He was there for two months, and recruited local musicians who would be willing to play traditional Chinese instruments on the record.

"They were almost bemused or befuddled that I wanted to record it at all," Greenspan said of working with the local musicians.

"It was a really emotionally exhausting record to make just because it's quite a personal record in a lot of ways. It was kind of more introspective. The record also is kind of technically complex to make."
JEREMY GREENSPAN

THE CANADIAN PRESS

It's a baby boy for Natalie Portman

ALL PHOTOS GETTY IMAGES

Natalie Portman

Academy Award winner says she'll be out of public eye for a while

Natalie Portman has given birth to a baby boy, according to People magazine.

The Oscar-winning actress and the baby's father, dancer and choreographer Ben Millepied, met on the set of Black Swan and are engaged to be married. Portman has already confirmed she'll be avoiding the Hollywood spotlight for the time-being. "I'll be out of the public eye after [the baby's born]," Portman told People magazine.

METRO

Arrests over threats to singer Joss Stone

Joss Stone

Joss Stone is likely sleeping more soundly now that police in England have arrested two men who were reportedly planning to rob and murder the soul singer, according to OK! Magazine.

A spokesperson for the Devon and Cornwall Police says officers responded to a call about a "a suspicious-looking vehicle" and arrested the two men, who were carrying swords, rope and a body bag. METRO

Richards: There were some good times

Denise Richards

Denise Richards has penned a memoir about her marriage to Charlie Sheen, but "it's not a tell-all," she insists to Radar Online.

"I get into the good stuff about my marriage, because people have only read the rotten stuff. So, you know, there was a beautiful love story between he and I and then it went the way it went."

Of course, the beautiful love story didn't have the happiest of endings, which Richards says she'll also address.

"I think a lot of women can relate to that, going through a divorce and custody and being a single parent, trying to work and all that stuff."

The book is due out July 27.

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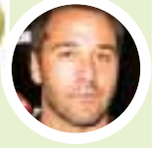
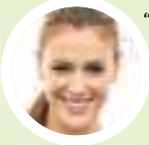
Celebrity tweets


"You don't change, you just become more like yourself..."
@jeremypiven


"I wanted to name my son Kotufax or Clemente."
@Alyssa_Milano

"Traveling with an infant is the most complicated carry-on baggage ever created! Is there a phd for all the gear?"
@TheRealAliL

Justin likes to mellow out

Justin Timberlake

Justin Timberlake has revealed one of his preferred relaxation techniques: smoking marijuana. "The only thing pot does for me is it gets me to stop thinking," Timberlake tells Playboy. "Sometimes I have a brain that needs to be turned off. Some people are just better high." And after working his way from a teen sensation to a successful grown-up musician and now a film star, the chronic overachiever admits he needs a little help to stop and smell the roses. "I feel I'm just getting to a point in my life where I'm looking around, going, there's a lot to enjoy if I can just sit still, actually stop and take more time," he says.

METRO

Lopez may not return to Idol

Despite a successful season as a judge on American Idol, Jennifer Lopez isn't sure if she'll be back next year.

"I don't know. I haven't been forced to make a decision and I'm glad about that because honestly I'm very on the fence about it," she tells BBC Radio.

"I had an amazing time doing it and I love it but I have a lot of other things happening, and it's going to come down to me making a choice of what I want to do for the next year."

METRO

BEST, DAD, EVER.

The Metro Life Panel asked: What are your Top 10 Memorable Moments With Dad? Here's what you had to say...

1. Telling me bedtime stories
2. First heart-to-heart conversation
3. Walking me down the aisle
4. Taking me to my first day of school
5. Baiting my first fishing hook
6. Teaching me to drive a car
7. Dancing with Dad
8. First little league game
9. Teaching me to ride a bike
10. Helping me move

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Source: Metro Life Panel survey; Based on 164 respondents

metro life panel

3 life

Trend of the week

FANCY HATS

Kate Middleton kept the fancy headpieces coming during a string of royal gatherings last week.

Canadian designer Nada Shepherd suspends operations of NADA label.

A summer of soft, sultry skin

▶ Model Joan Smalls expertly nailing summer skin care rule number 3.

Heat, humidity, air conditioning, car exhaust fumes, and overall pollution don't exactly mix well with lip gloss, bronzer, blush and self-tanner ◗ Mary Schook, a facialist and make-up artist in New York, gives advice on how to avoid common summer beauty pitfalls

1

DON'T WEAR MAKE-UP OVER YOUR SUNBLOCK

"The whole point is for the sunscreen to block all of the sun's rays," says Schook, a skincare guru who is the woman beauty editors and models go to for clear, glowing skin. "It should definitely be the last thing you put on your eyes and technically, it should be the last thing to go on your face so that the zinc and titanium can refract the sunlight," she explains. "But use your judgment with the face make-up and if you do wear foundation with built-in sunscreen, be sure to reapply it every two hours."

2

CLEAN YOUR FACE MID-DAY IF YOU HAVE TO

"Too many women reapply their make-up throughout the day when it's honestly better to just wipe all of the make-up and oil off with a little Witch hazel and start over," she says. "The Witch hazel works because it rebalances the ph balance in your skin, which protects and prevents it from getting too oily. If you just pile the make-up on, you'll breakout later."

3

KEEP YOUR HAIR OUT OF YOUR FACE

Those bangs might look great in the salon, but they could potentially wreak havoc on your forehead later. "Hair products with silicone in them can irritate the face and block pores, which is why it's so important not to wear your hair in your face during summer," she explains. "So when the weather heats up, you not only need to think about changing up your skin-care regimen, but your hair care products too."

KENYA HUNT
METRO WORLD NEWS

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▶ This lightweight oil-free formula gives long-lasting hydration that balances the T-zone—important for warding off the mid-day oil slick. Most importantly, it doesn't clog pores. **$25; clinique.com**

LA PRAIRIE
Ultra Eye Lip Nose Protection Stick SPF 40

▶ Whip this travel-friendly tube out throughout the day for the season's requisite sunblock touch-ups. **$65; lapraire.com**

ESTÉE LAUDER
Idealist Even Skin-tone Illuminator

▶ This serum impressively yields results faster than most. Use it to combat those persistent sun spots. **$85; esteelauder.com**

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Super cool runnings

With so many running shoes on the market, picking the right pair can be a game of Roulette Get to grips with the science behind the soles

RICHARD PECKETT
WWW.METRO.LU
METRO WORLD NEWS IN LONDON

Modern running shoes are now packed with enough research, stats and techy know-how to cater to your foot's every curve and contour. Here are some of the slickest shoes on the market.

Nike LunarGlide +3
$100, nikestore.com (available July 1)
LunarGlide sounds pretty damn space-agey and the technology behind the shoe is pretty out there too. Its Dynamic Support system, marries super-soft Lunarion core foam and firmer carrier foam to give you the feel of running on air.

Asics GT2160
$100, asics.com
This is the perfect option for over-pronators (when the foot rolls inward to an excessive degree), thanks to the built-in guidance lines – think of them as pathfinders for your feet.

adiSTAR Salvation
$140, adidas.com
Are you one for burning some serious rubber? If so, try out the Continental rubber tread on the Adidas Salvation. Yes, they're the makers of heavy-duty, car tyres, so they should know a thing or two about stopping a wet weather foot spin.

adiSTAR Salvation

Nike LunarGlide

Asics GT2160

Shoe savvy

To find out what was behind all the footwear techno babble, I visited the team over at ASICS to have my feet put through their paces.

First up: the foot scan to discover the ins and outs of your tootsies like foot length, arch height and heel angle. Yes, that means exposing your bare feet but no one's judging – my feet are the type you'd see on a 'before treatment' poster at the chiropodist. Following the scan, you'll be slipped into the first test shoe and put to work for 30 seconds on the treadmill for a gait analysis. From here, the expert analyses your level of pronation (the foot's natural roll).

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ASICS
Kayano socks
$15, asics.com

One shoe, two shoe, brown shoe?

Lock away those squeaky, black wingtips Brown shoes are the fad

A trendier, more casual brown shoe might be becoming the standard in men's footwear, as men – even those wearing suits – look to replace their black wingtips.

The shift is being fuelled by changes in fashion, the economy and lifestyle, says Paul Grangaard, CEO of Allen Edmonds. Men, most of whom are not serial shoppers, put a high priority on function, he says, so if a shoe can be worn with both grey flannel trousers and jeans, that's the one they want. (And, yes, it is OK to wear brown with grey and even with black, say the experts.)

Shoe designer Alejandro Ingelmo says he wears the same brown lace-up brogues with their perforated decoration almost every day, switching up into sneakers for running and a dress-casual boot for winter and weekends. He's experimenting with lighter sand shades for men, and he'd also like to see a shift from the very square toe to a rounder shape.

It took years, though, for the collective eye to transition from black to brown, so any other changes might take some time to catch on.

"With a lot of men, probably most men, when they hear about a trend change, they get nervous," says David Lawrence, director of merchandise for the national retailer Men's Wearhouse.

"They need to see something an awful lot before they feel that they want to wear it. Most men don't want to feel like they are on the cutting edge."

Brown has probably been in their closets for years, it just wasn't the go-to colour, but it's not jarring, Lawrence says. It is an earth tone, after all.

THE ASSOCIATED PRESS

A cheesy take on steak strips

NEWS CANADA

▶ Combining tomatoes and crumbled blue cheese offers a new take on steak.

A tomato and blue cheese vinaigrette gives this meat dish a unique flavour Recipe is speedy to make

Preparation:

1. Prepare the grill for direct cooking over high heat (450° to 550°F).
2. Lightly brush the steaks on both sides with oil and season evenly with salt and pepper. Allow the steaks to stand at room temperature for 15 to 30 minutes before grilling.
3. In a medium bowl whisk the shallot, vinegar, mustard, ¼ teaspoon salt, and ¼ teaspoon pepper. Slowly whisk in 2 tablespoons of oil, forming a smooth vinaigrette. Add the tomatoes and basil. Mix well.
4. Brush the cooking grates clean. Grill the steaks over direct high heat, with the lid closed as much as possible, until cooked to your desired doneness, 6 to 8 minutes for medium rare, turning once or twice (if flare–ups occur, move the steaks temporarily over indirect heat). Remove from the grill and let rest for 3 to 5 minutes. Add the cheese to the vinaigrette. Mix gently. Serve the steaks warm with the vinaigrette spooned over the top.

NEWS CANADA/ WEBER-STEPHEN PRODUCTS LLC. RECIPE FROM WEBER'S TIME TO GRILL BY JAMIE PURVIANCE

Ingredients:

Steaks
- 4 New York strip steaks, each 10 to 12 ounces and about 1 inch thick, trimmed of excess fat
- Extra–virgin olive oil
- Kosher salt
- Freshly ground black pepper

Vinaigrette
- 1 tablespoon minced shallot
- 2 teaspoons red wine vinegar
- 1 teaspoon Dijon mustard
- 2 cups (about 20) cherry tomatoes, each cut into quarters
- 1/4 cup finely chopped fresh basil leaves
- 2 ounces crumbled Gorgonzola cheese (½ cup)

Grilling companion

Mustard Artichokes make a healthy accompaniment

Preparation:

1. Prepare acidulated water by cutting lemons into halves and squeezing juice into bowl of water. Add juiced lemon sections to bowl; set aside.
2. Remove artichokes' outer leaves. Cut artichokes in half (lengthwise) and remove hairs. Soak in acidulated water, 10 minutes.
3. Thinly slice garlic and green onions and set aside. Heat frying pan. Add olive oil. Place artichokes cut-face down in pan; cover with garlic and green onions.
4. Add bouillon, wine and mustard to frying pan. Stir to combine. Add salt and pepper. Simmer, covered, for 30 minutes. Chop herbs. Remove artichokes from heat and sprinkle chopped herbs over artichokes. Serve.

THE CANADIAN PRESS H/O

▶ This recipe makes four servings.

THE CANADIAN PRESS/ MAILLE OLD STYLE MUSTARD

Ingredients:
- 4 fresh artichokes
- 3 lemons
- 4 garlic cloves
- 3 green onions
- 5 ml (1 tsp) olive oil
- 1 bunch each of mint, chives and flat-leaf parsley
- 1 cube poultry bouillon diluted in 150 ml (2/3 cup) water
- 250 ml (1 cup) white wine
- 60 ml (4 tbsp) old-style mustard
- Salt and pepper, to taste

Choosing a couch colour

Be on trend but play it neutral when choosing a sofa **Consider your lifestyle and the room it lives in**

DESIGN CENTRE

KARL LOHNES
HOME@METRONEWS.CA

Q: Hi Karl, I have an open concept living room and dining room space. My floors are dark brown and the walls are a medium grey tone. I wanted to know what colours I should consider when buying the living room couch and chairs. Any recommendations?

-Michael, Etobicoke, Ont.

Invest in quality

A: The first thing to choose is the largest piece of furniture, which is the sofa.

It's also the largest investment so make sure you shop around and choose the best quality that you can afford.

Your sofa should last you at least five to 10 years so the style, fabric and quality should be the best you can afford.

Think lifestyle

Choose a style of sofa that suits your lifestyle and the space you are putting it in.

Will you be watching television on this sofa? If so, you will want a sofa with deep seats and soft, comfortable cushions.

If you are using your living room for cocktail entertaining, then a firmer seat cushion and well supported back will be important.

COURTESY: URBAN BARN

▶ A mid-century styled sofa with low back and modern tufting adds a sophisticated look for a great price. Cedric Sofa, $999, Urban Barn.

COURTESY: CRATE AND BARREL

▶ An open-backed wooden chair will allow a smaller space feel visually more open. Ankara Chair, $799, Crate and Barrel.

Don't be afraid to mix it up

Usually, in an open concept space you want to use a variety of furniture heights; if all the chairs and sofa are the same height it will add a boring look to the living area.

I suggest a lower back sofa and two taller-backed chairs in the living area.

Size matters

Consider the right sized sofa for the room.

Here's the rule of thumb: the sofa's length should be 2/3 of the room's width.

For instance, if the room is 10-feet wide, then a sofa 65 to 75 inches long will fit most comfortably.

Chairs that blend with the sofa's style (square-ish arm styles, deep seating, quality and construction) but do not match will work best.

This will help give the room an eclectic look instead of a matchy set that you pulled from a department store window.

Furniture advice

I suggest keeping the styles of furniture modern/retro as it is a look in contemporary furnishings that will be around for a while.

COURTESY: WEST ELM

▶ Unique shapes add personality to a room with accent furnishings. Aluminum Wood Side Table, $199, West Elm.

It also gives you the opportunity to add some authentic mid century modern cabinets or tables to the room (easily and inexpensively found on Craigslist and Kijiji which are free buy/sell websites).

Got a decor question for Karl? Each month Karl will answer a decor question in his Design Centre column. Email your question (keep it to one specific question please) along with a digital picture, your name and hometown to home@metronews.ca. Karl regrettably cannot respond to all questions emailed.

Karl's tips

- **Styles** Keep overall styles clean lined and modern.
- **Tones** Match fabric and wood tones to what is already in the room; browns and greys which are both great neutrals.
- **Accessorize** Add colours to the room through art, area rugs and pillows.
- **Complement** Dark purple tones would be on trend and complement the deep brown and grey colours.

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If these walls could Talk

Inexpensive and easy to install, decals are popping up on walls in every room of the house But do decals pass the style test? We investigate

Wall decals have quickly become the fast food of home decorating. Inexpensive and easy to install, these peel-and-stick pieces of vinyl are popping up on walls in every room of the house.

From pithy sayings and motivational phrases to bold graphics and even wall-size murals, decals come in every shape and size.

The convenience is obvious: They add a dash of colour and graphic punch with practically no commitment.

Bored with one? Peel it off and move it elsewhere. Or, assuming it cost you only a few dollars, throw it away when you're ready for something new.

But do decals pass the style test? "Those old-fashioned, 'Home Is Where the Heart Is' kind of sayings in that script, I think those are a little cheesy," says designer and TV host Sabrina Soto, a guest designer on HGTV's new series HGTV'd.

But Soto, Betsy Burnham of Los Angeles' Burnham Design and Brian Patrick Flynn of decordemon.com all agree there are ways decals can work well — especially if they're used with a dose of irony and humour.

In traditionally decorated homes, decals can look tacky. But in homes already decorated with a modern sensibility, decals definitely have their place.

SMALL SPACES

In a spare room or an awkward space that's hard to decorate, try a single, graphic image decal.

"It gives depth to a room and gives some interest to the architecture," Burnham says.

Many retailers offer black silhouettes depicting things like lamps or chandeliers that add interest to an otherwise blank wall.

In small bedrooms, a headboard decal is "a great way to have fun without taking up any space," Soto says. You can also find decals depicting chairs or other furniture.

"Having one object like that is kind of cool, especially if you have a space in a room that you just don't know what to do with," Soto explains. "It's kind of the same thing as wallpapering an accent wall. This is just a lot easier."

Creative spaces

Flynn likes the whimsy of decals in spaces where someone wants to think creatively.

- They're perfect, he says, for a space "where an interior designer might be doing their design plans, or artists might be doing their paintings or a graphic designer might be putting together their stuff."
- "You can add graphic pattern and shape, breaking up otherwise just really boring painted walls," he says

Easy-stick fun: The Little Boutique wall decal of a tree (released by Toys "R" Us)

COOL KIDS' ROOMS

If you avoid the licensed-character decals depicting popular cartoon characters, you can actually bring some style and sophistication to kids' rooms with decals.

Try oversize images of the outdoors (Target.com offers a wall-size close-up of a patch of bamboo) or letters and words (but not those excessively heart-warming ones).

DORMS AND FIRST APARTMENTS

Decals are "excellent for dorms because they're trendy in spaces where you can't actually paint anyway," Flynn says.

With little expense, young adults can get creative with images and colours. Their options for indulging in irony and sarcasm are endless. And it's simple to move designs around the space as often as you wish.

"For the right person, and it's usually a young person, I have no problem with any of this. I think it's decorative, it's whimsical, it's kitsch."

BETSY BURNHAM OF LOS ANGELES' BURNHAM DESIGN

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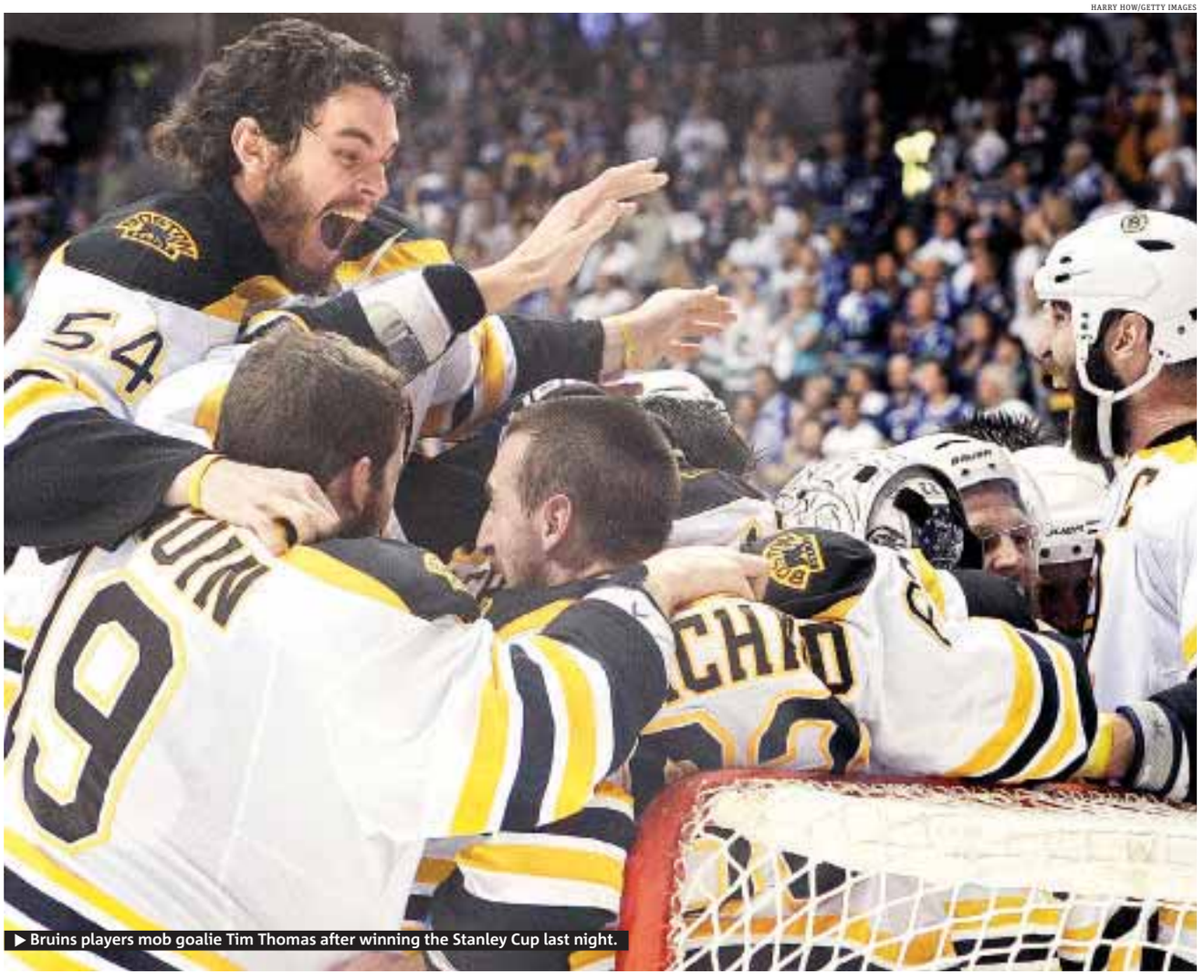

▶ Bruins players mob goalie Tim Thomas after winning the Stanley Cup last night.

B's are the champions

Bruins get two goals from Bergeron to beat Canucks in Game 7 and win Stanley Cup

Patrice Bergeron scored two goals, one of them short-handed, while goaltender Tim Thomas made 37 stops for the shutout as the Boston Bruins defeated the Vancouver Canucks 4-0 to win the Stanley Cup in a tension-filled Game 7 last night.

Rookie Brad Marchand scored twice, once into an empty net, and had an assist as the Bruins won their sixth Stanley Cup and the first since 1972. Defenceman Dennis Seidenberg had two assists.

Bergeron's short-handed goal in the second period was the dagger in the Canucks' heart. It made the score 3-0 and subdued a sold-out crowd of 18,860 at Rogers Arena.

BRUINS	CANUCKS
4	0

Sent in on a breakaway, Bergeron was hauled down by Vancouver defenceman Christian Ehrhoff. They collided with Canucks goaltender Roberto Luongo and the puck slid into the net.

Luongo raised his arms in frustration but the referee quickly signalled a goal. The call was backed up by a video review.

Vancouver outshot Boston 37-21.

At the final whistle Bruins players streamed off the bench to mob Thomas, while the Canucks watched with their heads hung.

"We never made things easy on ourselves," veteran Mark Recchi told CBC after the game before hinting he would retire. "I knew Game 6 and 7 we were going to be there and we did it. What a feeling this is. This is a hell of a way for me to go out, that's for sure."

Thomas was awarded the Conn Smythe Trophy as the most valuable player in the playoffs. The stocky goaltender who plays like a linebacker, had another strong game, scrambling and diving to make saves. It was his fourth shutout of the playoffs and second against Vancouver.

He got help from a Bruins team that forced the Canucks to take long shots and quickly cleared the puck from in front of the net. That left Vancouver with few chances at rebounds.

It was a disappointing end to the best season in Canucks history. Vancouver had the best record in the NHL and advanced to the Stanley Cup final for the first time in 17 years.

The Bruins forced Game 6 by beating the Canucks 5-2 Monday night in Boston.

Vancouver was gripped with the same excitement that seized the city during the 2010 Winter Olympics. A loud, towel-waving crowd began chanting "we want the cup" even before the national anthems. Across the city thousands watched the game outdoors on big screens.

Actor William Shatner was in the crowd and the Green Men were in their seats beside the Bruins' penalty box.

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4 sports

Quoted

"Every time we got our backs up against the wall and had to win, we did. Every time. To win it on the road in Game 7 is no easy task, and they came through. That's a testament to the character on that team."

BRUINS GOALIE TIM THOMAS, SPEAKING TO THE CBC AFTER THE GAME.

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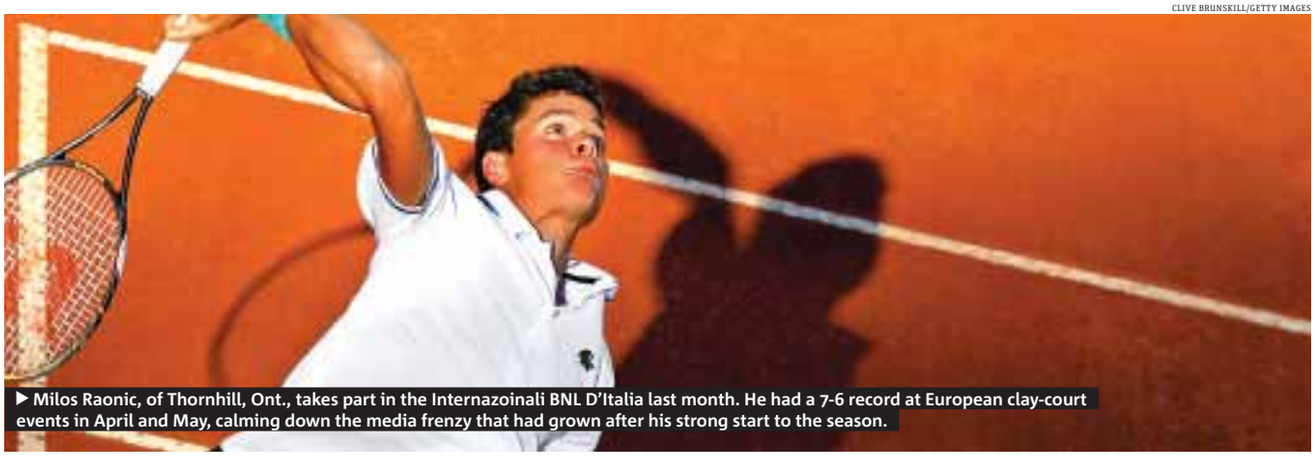
CLIVE BRUNSKILL/GETTY IMAGES



▶ Milos Raonic, of Thornhill, Ont., takes part in the Internazoinali BNL D'Italia last month. He had a 7-6 record at European clay-court events in April and May, calming down the media frenzy that had grown after his strong start to the season.

Raonic no longer in spotlight

Media frenzy diminished by modest record in April and May

The weight of expectation on Milos Raonic has diminished after his sensational start to the 2011 tennis season, and that may be good news for the hard-serving 20-year-old.

A fourth-round showing at the Australian Open in January, followed by an ATP title in San Jose, Calif., and a thrilling loss to Andy Roddick in the Memphis final propelled Raonic to instant fame in Canada. His world ranking jumped to No. 37 from 152 over a four-week period, and within another two and a half months, he was sitting at No. 25.

But a modest 7-6 record at European clay-court events in April and May has seen the media frenzy calm to a point where his quarter-final performance last week at the pre-Wimbledon grass-court event in Germany went largely unnoticed.

Playing in his first professional grass-court event in Halle, Germany, Raonic won two rounds convincingly before falling 6-3, 6-7(6), 6-3 to Philipp Petzschner.

The crafty German led eventual champion Rafael Nadal two sets to one at Wimbledon last summer before losing 6-4, 4-6, 6-7 (5), 6-2, 6-3. Petzschner then combined with Jurgen Melzer of Austria to win the doubles at Wimbledon.

"He has a great chance to reach the quarters or even the semis with his style."
DANIEL NESTOR, TENNIS PRO

"I'm very happy I'm playing so well on something, grass, that's a completely new experience for me, especially at this level," Raonic said last week. "It gives me a lot of confidence."

Doubles also figured in Raonic's preparation for next week's Wimbledon as he and Robin Haase of the Netherlands reached the Halle final, giving the Canadian four more matches of precious grass-court experience.

Following his first-round loss to unheralded German veteran Michael Berrer at the French Open, Raonic appeared jaded and spoke about being a rookie and still having a lot to learn about working out a tournament schedule that would keep him fresh and fit.

With his early exit at Roland Garros, and just the Halle tournament on grass, Raonic enters Wimbledon well rested.

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BASEBALL

Mauer set to return to Twins

Joe Mauer's return to the Minnesota lineup has been set for tomorrow.

Mauer finished his minor league rehabilitation assignment by facing teammate Joe Nathan in a live batting-practice session in Florida yesterday. He hasn't played for the Twins since April 12, plagued by weakness and soreness in his legs and throwing shoulder.

Manager Ron Gardenhire said before yesterday's game against the Chicago White Sox in Minnesota that Mauer will travel today and start at catcher tomorrow against the San Diego Padres.

"It was a lot longer than I had hoped," Mauer said after his workout. "But I got my work in, and I worked with a lot of great people down here. It was nice, but obviously I want to be up there in Minnesota and be up there playing. I feel like I'm ready to get out of here."

Mauer has played in only nine games this year because of his injuries, hitting just .235 with four RBIs in the first season of a $184-million US, eight-year contract extension. He had arthroscopic knee surgery in December and said last month that his body wasn't ready when the season started.

Nathan said Mauer looked sharp.

"I threw him some pretty good breaking balls," Nathan said. "It's really just impressive to see the pitches he can take when he's down 1-2 in the count. I threw him a couple of sliders. He put a good swing on them. It's nice to see him find his swing again and start to feel good again."

Nathan pitched to Mauer and Twins prospect Miguel Sano at the team's spring training headquarters. Nathan has been on the disabled list since May 23 with soreness in his right forearm, a condition related to his recovery from Tommy John surgery last year. He struggled at the beginning of the season with a 7.63 earned-run average in 17 appearances.

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Serena gets break in seeding

Defending champion Serena Williams was bumped up to No. 7 in the Wimbledon seedings — 19 places above her world ranking — yesterday, a position that will allow her to avoid playing the highest-ranked players until at least the quarter-finals.

Williams won her 13th Grand Slam title last year at the All England Club, but then stepped on broken glass, eventually leading to blood clots on her lungs, and was out of action for nearly a year. She returned to competitive tennis Tuesday at Eastbourne, coming back from a set down to beat Tsvetana Pironkova 1-6, 6-3, 6-4.

She was originally seeded No. 8, but the withdrawal of second-seeded Kim Clijsters moved the rest of the field up one spot.

"Listen, I don't ask for much. I would have been happy with 25, because I'm going to be in there fighting for every point and for everything," Williams said. "It doesn't matter where I'm seeded. I'm just going to give it 200 per cent like everyone else in the draw."

Wimbledon starts Monday. The draw is scheduled for tomorrow.

On the men's side, defending champion Rafael Nadal was seeded No. 1, followed by Novak Djokovic at No. 2, Roger Federer at No. 3 and Andy Murray at No. 4 — in line with their rankings.

Federer and Nadal have combined for the past eight titles at the All England Club.

For Federer, it's the first time he has been outside the top two seedings at Wimbledon since 2003, the year he won the first of five straight titles at the grass-court Grand Slam.

Since Serena's injury, she has dropped to No. 26 in the WTA rankings. If Wimbledon organizers had seeded her according to her ranking, the four-time Wimbledon champion could have come up against a top player in the third round.

Her sister Venus, a five-time Wimbledon champion, was seeded No. 24.

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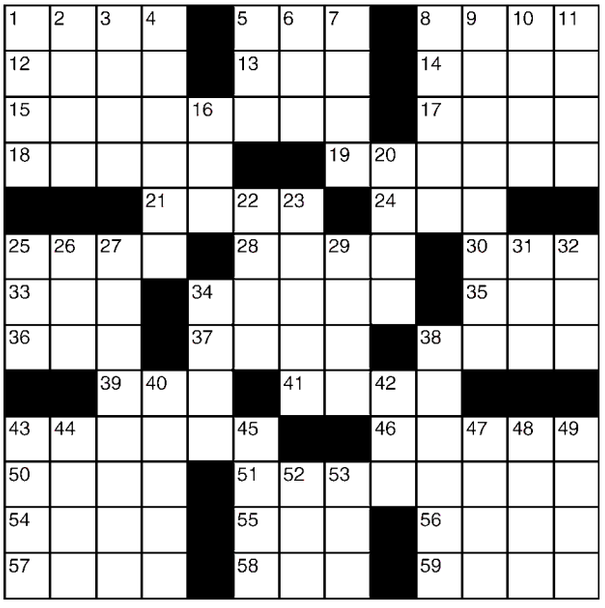
Crossword



Across

1 Con game
5 Not-so-tall tale
8 Front projection
12 Needing a cane
13 Earlier than
14 Hold sway
15 Intl. cartel
16 Actress Gardner
17 Elevator name
18 Railyard sight
20 Result
22 Every last bit
23 15-Across' product
24 Gullets
27 And so on
32 — Beta Kappa
33 Vast expanse
34 Blue
35 Unrelenting pest
38 Snakes
39 Storm center
40 Keyboard abbr.
42 Take out of context?
45 Small yellow fruit used in preserves
49 Vicinity
50 "Hail!"
52 Loosen
53 Optimistic
54 Family member
55 Particular
56 Being, to Brutus
57 "Of course"
58 "Piggies"

Down

1 Messy guy
2 Mafia bigwig
3 MasterCard alternative, briefly
4 Gathering places
5 Intrepid
6 Mr. Robbins who partnered with Burt Baskin
7 Suitor
8 Toaster's word
9 Cruel
10 Medley
11 Into the sunset
19 Mr. Pacino
21 "Ulalume" writer
24 Speedometer stat
25 "Caught ya!"
26 Brit's radio
28 Ball-bearing gizmo
29 Negligent
30 Knock
31 Billboards
36 Sailor's assent
37 Collection
38 Find not guilty
41 Therefore
42 Challenge
43 Love deity
44 Uncomplicated
46 "Do — others ..."
47 "Zip- — -Doo-Dah"
48 — River, NJ
51 Struggle (for)

▶ Monday's answer

S	L	A	P	■	B	A	R	■	B	A	S	S
E	I	R	E	■	A	C	E	■	O	N	T	O
A	N	T	E	D	A	T	E	■	S	T	A	N
S	T	Y	L	E	■	■	L	A	S	E	R	S
■	■	■	E	G	O	S	■	C	A	N	■	■
A	J	A	R	■	R	A	S	H	■	N	O	W
H	A	N	■	D	A	N	T	E	■	A	W	E
A	N	T	■	A	L	T	O	■	B	E	L	T
■	■	■	E	L	L	■	E	P	E	E	■	■
I	T	A	L	I	C	■	■	W	R	Y	E	R
R	I	T	A	■	A	N	T	E	L	O	P	E
I	D	E	M	■	R	U	E	■	I	R	O	N
S	E	R	A	■	D	N	A	■	N	E	S	T

Sudoku

	5		9		1		7	
		1				5		
	7		3		8		2	
	1	9				6	4	
2								5
	3	8				2	1	
	2		6		5		9	
		4				8		
	8		1		2		6	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ▶

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

pumpkin noodle happy anniversary! this year has been amazing. i look forward to many more. i love you very much. **YOUR ANDREA**

Bear, ur the best thing that happend to me. Words can't explain how much i love & need you. Thank you for being there for me through thick & thin you know ill be there for you 2. I know right now its a little bumpy but im 100% it will all work out in the end, TKM, i love you with all mi corazoncito *muah **MAMI**

Mr. Big, you make the butterflies in my stomach go wild. I can't believe that it has already been two beautiful weeks... I can't wait to wake up next to you every morning so we can make breakfast together. I love you so much! **SWEET BUNS**

A look at the weather

TODAY	FRIDAY	SATURDAY
Min 14° Max 23°	Min 16° Max 19°	Min 14° Max 22°

Jenna Khan, Weather Specialist

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6AM**

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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Today, you will find it easy to open up and let those you care for know what they mean to you.

♉ Taurus April 21-May 21 Mercury's move into the communications area of your chart makes it easy to find the right words.

♊ Gemini May 22-June 21 Have fun today, but keep an eye on your financial situation.

♋ Cancer June 22-July 22 Remind everyone that you don't mind them asking favours but you do mind them giving orders.

♌ Leo July 23-Aug.23 If you don't feel like being sociable today, you don't have to make an effort.

♍ Virgo Aug. 24- Sept. 22 If something you would have preferred to stay secret becomes public knowledge today, don't deny it.

♎ Libra Sept. 23-Oct. 23 Think big, act big and expect a big breakthrough over the next 24 hours.

♏ Scorpio Oct. 24-Nov. 22 If you are asked to go on a trip of some kind (one you fear may bore you), don't turn it down. It could change your life.

♐ Sagittarius Nov. 23-Dec. 21 Your ability to notice patterns where others see only individual events, will be useful today.

♑ Capricorn Dec. 22-Jan. 20 You need to be more assertive, especially if you have let friends make decisions for you.

♒ Aquarius Jan. 21-Feb. 18 No matter how well things are going, you can't keep this pace.

♓ Pisces Feb. 19-March 20. Is thinking you must make amends for something you did a long time wise? **SALLY BROMPTON**

Caption contest

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